Hadley Colman

September 21, 2015

Expertise Statement – Learning How To Play Lacrosse

One thing that I know how to do well is how to play lacrosse. I’ve been playing lacrosse since I was 7-8 years old. Lacrosse is a very complicated sport that takes years to become good at. My dad taught me how to play when my family and I were living in Syracuse, NY before we moved to Rhode Island. My dad bought me a stick, goggles, and a mouth guard and showed me how to cradle, how to pick up ground balls, how to shoot, how to pass, how to check, how to play defense from when I was 7-8 to when I was 20. It took a lot of practice to become good and a lot of hours in the backyard playing catch with my dad, playing defense on my dad, etc. I played in youth lacrosse leagues in elementary school, in middle school, went to lacrosse camps, played in high school and played on a summer league travel team during high school as well.

Before I transferred to URI in the spring of 2014, I went to Quinnipiac University. At QU, I tried out for the Division I Women’s Lacrosse Team as a walk-on and made the team. I was on the team as a freshman and some of the fall of my sophomore year but left the team to focus on my grades. Even when I was on the lacrosse team at Quinnipiac, my dad was helping me practice the necessary skills that I needed as a college player.

Now, I work at a traditional/sports camp in Pennsylvania in the summers and I’ve done so for the past three summers. There, I am the head tennis counselor of the girls’ camp and last summer, I was head lacrosse counselor of the girls’ camp. I teach lacrosse to girls between the ages of 7 and 16 and I think that teaching younger girls has helped me become a better lacrosse player. This is because I have to completely understand what I am teaching the girls in order for them to understand, and therefore, I learn more.